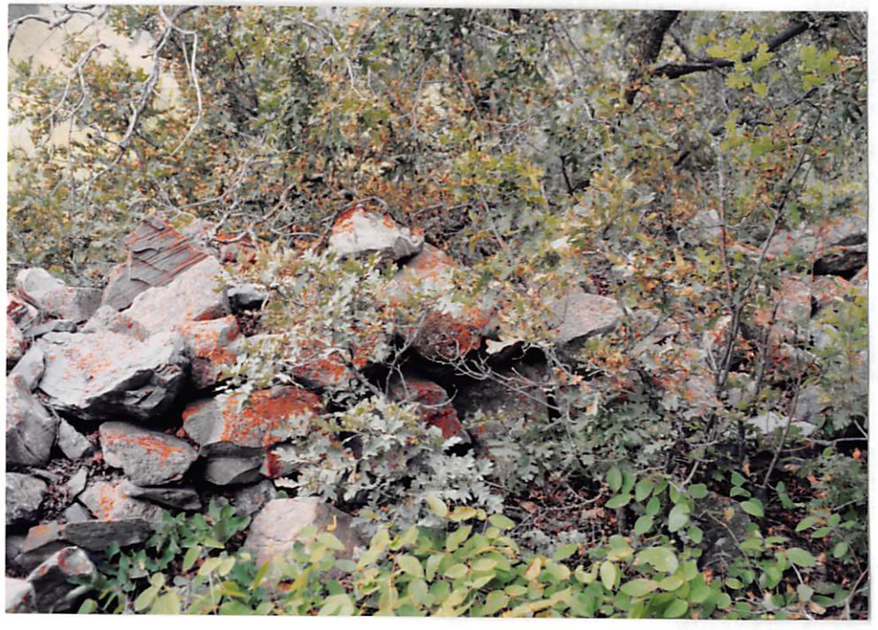Lower Guard Quarters